

COOL CAT

It's certainly a long way from Birmingham to LA, but Sutton Coldfield girl Cat Deeley has made the leap in style, bagging a house in the Hollywood Hills and a prime job on a hit TV show. Here, in an exclusive Style Birmingham interview, Cat opens up about her glamorous life in LA, sharing some of her style secrets along the way

WORDS: SARAH DREW JONES

Maybe it's her cheery girl-next-door quality or beachy-blonde good looks, but Cat Deeley's fast becoming America's Sweetheart. As presenter of the fabulously fun, camp and slick *So You Think You Can Dance* - the dance equivalent of *American Idol*, now in its fourth season - Cat has taken the States by storm, appearing on a number of other huge shows too, including *The Tonight Show with Jay Leno*, and as a roving entertainment correspondent for ABC News.

It's all a far cry from her breakthrough TV role, juggling a studio full of kids, pop acts and Ant & Dec for *SM:TV Live* and *CD:UK* way back in the late 90s. But Cat was always destined for greater things. Taking a risk in 2006, she moved to LA to begin work on *So You Think You Can Dance* and, as a self-confessed hard-worker, began her ascent up the popularity charts, popping back to the UK to keep her hand in here, presenting shows such as *Soundtrack to My Life* and Peter Kay's wonderfully crazy Britain's *Got The Pop Factor ... And Possibly A New Celebrity Jesus Christ Soapstar Superstar Strictly On Ice*.

But what's Cat's life like away from the glare of the cameras? These days, she enjoys the trappings of success in a swish LA hilltop pad, complete with pool and views across the Hollywood canyons. And that's not all... read on for a sneak peek into the life of a Brummie girl-made-good.

I know I have definitely been very lucky and I never take a single day for granted. I truly believe that you can come from any background, race or religion and providing you have talent, passion and the ability to work hard you can be anything you want to be. It is possible to achieve your dreams and make them reality.

I live in LA now and I love it! It's very easy to be healthy here, and I can horse-ride, hike or surf so easily. It's easier to eat healthily in LA, too, mainly due to the climate. On a grey winter day in England all you want is sausage and mash, with red wine! In LA I eat a lot of fruit and salads. In my LA address book are my facialist Nerida Joy, Sunset Ranch, the fantastic stables set in the



Right: At home in front of the camera, Cat now presents hit show *So You Think You Can Dance?*

“ I went to the Vanity Fair post-Oscars party in LA this year, which was fun! What's going through my mind on the red carpet? Please don't trip! ”

Hollywood Hills, Tara Lee, my yoga teacher, and the John Frieda hair salon. Though I love LA life, I do still miss my friends and family back in the UK.

When it comes to shopping, I love it all: designer, high street and online. I love www.net-a-porter.com, because it makes sending beautiful and exquisite birthday presents to my friends and family easy and hassle-free, when I'm in LA! Whenever I come back to the UK though, I always visit Topshop, and I think that French Connection rocks! I live in their clothes. And I love British designers like Alexander McQueen, Christopher Bailey, Matthew Williamson, and Alice Temperley. I think that it's great to support home grown talent.

I often wear vintage. I love the fact that the vintage pieces I find are completely unique. More than that, I actually really enjoy the hunt for treasures. My ideal Sunday morning involves a giant cappuccino and a stroll around the flea market...

There's plenty of new fashion I want this season. I love the boyfriend jackets. I think they look great with jeans, or even thrown over a little dress in the evening. Stella McCartney has great ones. The new collection from Balmain is amazing. And the leopard print Mandah bag from Jimmy Choo is to die for!

Blondie's Debbie Harry, Grace Kelly and Chrissie Hynde are three of my style icons. As for me, I couldn't name my worst fashion faux pas: there have been so many! I think my teenage years in Birmingham were probably the most offensive! Acid wash dungarees, tie-dye hippie tops, one monobrow...

I have a failsafe feelgood outfit. It's 18th Amendment Jeans, white t-shirt, Mulberry leather jacket and a beautiful Dries Van Noten embroidered scarf. Not only do I feel comfortable and confident, but this outfit can pretty much take me anywhere. Rose Noir by Byredo is my signature fragrance, too.

There are some beauty essentials I swear by. I have facials in LA with a lady named Nerida Joy. Her skin treatments are amazing, and we always have long talks about love, life and family. What's always in my make-up bag? Bobbi Brown Shimmer Brick, some mascara, Laura Mercier concealer, YSL Touche Eclat, and Elizabeth Arden Eight Hour Cream. I also couldn't live without my Shu Uemera eyelash curlers: they're the best! I think the best beauty tip I've ever been given was that curling your eyelashes really emphasises your eyes.

I have experimented with colour on my hair. I've also dramatically cut my hair before now, but my hair suits my face shape and lifestyle as it is right now. I always use Kerastase products on my hair, as it can become very dry and it gets styled so much for work.

When I only have five minutes before leaving the house, I rely on mascara, apply a highlighter (usually Nars The Multiple), blusher and lip gloss. Then I add a spritz of Bumble and Bumble Surf Spray, which makes my hair wavy and beachy.

Where do I stand on cosmetic surgery? Well, if I was unhappy with my appearance I would probably consider it. However, I think it's vitally important to research thoroughly: knowledge is power! It's certainly not something I would take lightly.

I wish I was less clumsy and a little more graceful. But it's never going to happen! I'm not worried about getting older right now... ask me in ten years' time, though!

An ideal day off for me would involve shopping with friends, a delicious gossipy lunch, with a glass or two of Champagne as well!

I eat what I want, but always in moderation. I think if you deny yourself certain foods, you crave them more. If I fancy something specific I have a little of it. It's all about self control. But I have given in to a cheese plate or two in my time!

I love to have a good massage. I have a therapist who comes to my house, which is incredibly indulgent and such a treat.

My idea of a fabulous night out is a combination of great friends, great food, great conversation and copious amounts of great wine! I have a close knit circle of girlfriends and a wide group of friends who I would do anything for and vice versa.

My best holiday ever was when I went on safari in South Africa. I stayed at a place called Singita Lebombo. The place was amazing and I saw 'The Big Five': lion, leopard, elephant, rhino and buffalo!

I love a good party. I actually went to The Vanity Fair post-Oscars party here in LA this year, which was fun and fabulous! What's going through my mind when I'm on the red carpet at glam events? Please don't trip! Please don't trip! Please don't trip!

There's no such thing as an average day for me. And I'm neither a go-with-the-flow girl or a life-coach-and-listmaking organiser type... my life is generally organised chaos, so it's a little bit of both!

QUICK-FIRE CAT

- **Coldplay or Girls Aloud?** Coldplay. I love the girls, but I love the guitars a little bit more!
- **Beach or skiing?** Beach. I love the ocean. I sunbathe, but always with sunscreen.
- **Jeans or couture?** Jeans. Although the first time I wore a John Galliano couture gown I cried!
- **Fave film?** True Romance.
- **Dogs or cats?** Dogs. I'd love a bulldog!
- **Best book ever read?** The Sound of Laughter by Peter Kay. I love this man! He's a genius!
- **On your iPod right now?** Kings of Leon.
- **Five words that describe you?** Clumsy, goofy, professional, passionate, hard-working.